

Healthy Hawk

Volume 6 No. 1

Spring 2005

A publication dedicated to health education and promotion of healthy lifestyles for Laurier students.

welcome

To The Healthy Hawk, a newsletter produced by Health Services and The Student Health and Development Centre.

Health Services is available to any part-time or full-time student at WLU. We provide ongoing medical care for our student population. All medical records and visits are confidential.

You can drop by or call 884-0710, ext. 3146, to book an appointment with one of our professional staff.



Appointment Doctor: (Family physician for services such as routine physicals, medication reorders, follow-up of illness/medical condition). Morning, afternoon, and evening appointments are available.



On-Call Doctor: Available daily—mornings, and afternoons—for urgent needs (sprains, bronchitis, urinary tract infections) on a first-come, first-served basis.



Registered Nurses: Available daily for questions and minor assessments; no appointment necessary.



Chiropractor: By appointment. Call 884-0710, ext. 3146.



Massage Therapist: By appointment. Call (519) 725-0058. Doctor's referral required for insurance coverage.



Laboratory Services: Requisition from physician required;

Monday and Thursday,
1:15 p.m. – 4:15 p.m.;

Tuesday, 9 a.m. – 12 noon

more info on back panel...

Think about the drink:

10 myths to make you get real about over-consumption

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and more... 1

Facts on Fat

What's the deal?

There are different types of fat and each one has different effects on your health. Fat is essential for good health. Since the body cannot produce these “essential” fats, they must be obtained from food. Choosing foods that have mono saturated and poly unsaturated fats more often will help lower LDL (bad) cholesterol.

Know the Terms

HDL's: (High Density Lipoproteins)

These are called “good” because they move cholesterol away from artery walls and back to the liver.

LDL's: (Low Density Lipoproteins)

These are called “bad” because they keep cholesterol circulating in the blood, causing the arteries to become clogged with deposits.

How to read fats

Type of fat	Where is it found?	How much should you eat?	How does it affect your health?
Saturated fat	Meat, poultry, dairy products, coconut oil, palm oil, palm kernel oil, butter	Should account for less than 10% of total daily intake	Raises LDL and HDL cholesterol levels, and is associated with higher risk of heart disease
Trans fat	Most commercially baked goods, snack foods, fried foods, fast foods, margarines	As little as possible, trans fats are not essential and provide no known health benefit	Raises LDL cholesterol levels and decreases HDL levels, contributing to the risk of heart disease
Cholesterol	Meat (especially organ meat), butter, eggs, shrimp	Less than 33 mg/day of dietary cholesterol	Generally has no effect on healthy individuals, but has negative impact on those in poor health
Mono saturated fat	Olive and canola oil, avocado	Choose products with mono saturated fat more often than saturated, trans fat and cholesterol	Helps to lower LDL cholesterol and raise HDL levels
Poly-unsaturated fat	Most vegetable oils (safflower, sunflower, corn, soybean) and soft margarine made with these oils	Substitute saturated fat with mono or poly saturated fat whenever possible. Overall fat consumption should not exceed 30% of total daily caloric intake	Helps to lower LDL cholesterol
Omega-3	Certain types of fish— Atlantic salmon and other fatty, cold-water fish, including herring, sardines, Atlantic halibut, bluefish, tuna and Atlantic mackerel	.6 - 1.2% of total energy intake	Helps to lower LDL cholesterol and thins blood. Reduces coagulability of the blood (thins the blood)
Omega-6	Cereals, eggs, poultry, most vegetable oils, whole-grain breads, baked goods, and margarine	5 - 10% if total energy intake	Helps to lower LDL cholesterol

Submitted by: Lily Ngo, Health Education Program Assistant. Information obtained from:

1. Get the Facts about Fat in your diet. Waterloo Region Community Health Department. March 2001
2. Largeman, Frances. The Facts on Fat. Discovery Health: http://health.discovery.com/centres/nutrition/largeman/fat_facts.html
3. Types of Fat: <http://www.liferesearchuniversal.com/fat.html>

SmartSnacking

Take the challenge and try some of these simple snacks

that will help you survive the student lifestyle.

Apple Cinnamon Toast

It's delicious and easy to make! Just add a glass of milk and you can enjoy this as a breakfast or snack anytime! All it takes is a few minutes, and a few simple ingredients.

- 1 apple, cored and thinly sliced (any kind you like!)
- 1 tbsp peanut butter
- 2 tsp cinnamon
- 1 tsp sugar
- 2 slices whole wheat bread

Spread a thin layer of peanut butter onto each slice of bread. Place apple slices on top of bread slices. Mix cinnamon and sugar together and sprinkle on top of apples. Broil in oven (or toaster oven) for about 3 minutes or until edges of bread turn brown. Enjoy!

Try this other tasty variation: **Banana Cinnamon Toast**
Same as above, using a banana instead of an apple, and brown sugar instead of white sugar.

Need an even easier quick snack? Make a Rabbit Bag!

Put a few raw veggies and fruits together in a Ziploc bag. Grab some orange wedges, apple slices, raw carrots, broccoli or cauliflower. When you add orange, not only will it give everything a nice flavour, it will help to keep the apples from turning brown too!

Add these to your knapsack!

- low-fat cheese, or peanut butter, and crackers
- trail mix
- raisins or other dried fruit
- various nuts or seeds
- celery sticks with peanut butter or cream cheese
- pretzels
- whole-grain cereal or toast
- granola bars (hint: the more chewier they are, the more sugar and fat they'll tend to have in them... the healthier granola bars are crunchy!)

Information obtained from: "Health Talk@Mac", November 2002 By Tracie Liu, Health Education Program Assistant

The Student's Survival Guide to Snacking

Survival Tip #1: Make Substitutions

No need to suppress all your food cravings... Substituting junk food with more nutrient dense alternatives is easier than you think and can be just as tasty! Have your favourite flavoured yogurt or frozen yogurt instead of ice cream. Go for some rice cakes if you're craving potato chips. Instead of chocolate chip cookies, reach for some graham crackers and add peanut butter. Is coffee a must-have in the morning before class? Try using milk instead of cream. Substitutes like these have more nutritious value and far less calories!

Survival Tip #2: Drink Lots of Water!!!

Fatigue is often one of the first signs of dehydration, and when you're tired or stressed out, it's easy to confuse thirst for hunger. Drinking water throughout the day will prevent you from feeling sluggish, and help you avoid unnecessary snacking. It will also help you keep your skin looking great too! So before you head out, take a water bottle along with your snacks!

Survival Tip #3: Control Portion Sizes

Never eat straight out of a box or bag. Instead, take out a roughly measured portion of food and put it in a bowl. Not only will it be easier to monitor your diet, you'll also be less likely to develop overeating habits.

Survival Tip #4: Watch Out for Late Nights

Evenings for most people can often be a tempting time to satisfy your cravings for sugary, fatty snacks. This can be even more difficult when pulling a late night of studying. Indulging in these cravings, especially right before bed is not a good option. However if you're feeling really hungry, don't ignore it. Instead, choose snacks that won't compromise your caloric balance, such as fruits, veggies, or air-popped (little or no butter) popcorn.

Survival Tip #5: Don't Avoid Snacking Altogether!

Avoiding snacks completely won't necessarily help you to lose weight. Snacking can actually help you keep your weight in check, if you make good choices. Eating snacks helps you to control your hunger so that you're not tempted to overindulge during meals, or make a quick stop for fast food. Periodic snacking will also boost your energy levels and keep your mind alert – much needed for those tough classes!

Think about 'the drink'

Drinking to mythical proportions?

Get real about alcohol consumption

Myth:

"I'm more fun when I drink."

"Everyone drinks heavily at parties so they can relax and hang out."

"I'll be OK, I never leave my drink unattended."

"It's no one else's business how much I drink. I can handle it."

"If I didn't drink there would be nothing to do."

"I just drink socially."

"Alcohol improves my sexual performance."

"It's ok for me to drink to keep up with my boyfriend."

"I'd be better off if I learn to 'hold my liquor.'"

"I'm not driving. I'll just walk home".

Reality:

Believe us, no one thinks you're fun when you're slurring, stumbling all over the place, puking in your pillow, or keeping your roommate up all night. There is a big difference between laughing with someone and at someone. Do you really want to be someone's entertainment?

Though people may use alcohol to help themselves loosen up in social situations, if you'd stop drinking for a moment to take a closer look, you'd realize that most people aren't drinking heavily. There are only a few people who really get trashed at parties, lose control, embarrass themselves, or endanger their lives.

Alcohol is the #1 date rape drug. It has been shown that 90% of all sexual assaults involve the use of alcohol.

If you're drunk and lose your keys and then have to pound on the door until your roommate wakes up and lets you in, that affects your roommate. In fact, studies show that one person's drinking habits can affect an average of five people other than the drinker. Still think it's nobody else's business?

Uh, hello? Learn about the clubs, sports and service organizations Laurier offers. You may be surprised to find out how many people are involved in extracurricular activities other than the Drinking Team.

Drinking with other people doesn't make you a social drinker. Social drinkers might drink regularly but they don't get drunk. Nor does a social drinker exhibit any of the clinical signs of over-use of alcohol, like out-of-control behaviour while under the influence, or severe memory loss, like blackouts.

Although you may think that drinking makes you better in bed, physiologically alcohol reduces your performance.

Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and more impaired.

If you have to drink increasingly larger amounts of alcohol to get a "buzz" or get "high," you are developing tolerance. This increases your vulnerability to many serious problems, including alcoholism.

Drinking impairs judgment and instinct. To make sure you get home safely without anyone following you call a cab or Foot Patrol to walk you home.



Foot Patrol

Tel: (519) 886-3668 - Volunteer teams of two people provide safe, friendly accompaniment for any member of the Wilfrid Laurier community (students, staff, faculty, visitors) who call for a walk.

2004-2005 Hours of Operation:

Sunday, Monday, Friday:

6:30 p.m. - 1:45 a.m.

Tuesday-Thursday & Saturday:

6:30 p.m. - 2:45 a.m.

*Adapted from www.factsontap.org/collexp/myths.htm

TIPS TO DECREASE EXPOSURE

- Keep windows closed at night to prevent pollens or molds from drifting into the home.
- Use an air conditioner and dehumidifier to keep air clean, cool, and dry.
- Keep car windows closed when traveling.
- Minimize outdoor activity on days when the pollen count or humidity is reported to be high or on windy days when mold and pollen are blown about.
- If you must go outdoors, evenings and humid days are best for enjoying the outdoors. Many plants discharge pollen primarily in the morning, and more intensely when the air is dry.
- Take vacations to a more pollen-free area, such as the beach or sea.
- Avoid hanging clothes out to dry; pollen and molds collect on them.
- Take medications as prescribed in the recommended dosage.
- Take a shower after spending time outdoors to remove pollen and mold that may be on your skin and hair

Pumping Iron

Submitted by Lily Ngo, Health Education Program Assistant. Information obtained from:

1. Armstrong, Claire. *Iron in Diet*. Discovery Health: <http://health.discovery.com/encyclopedias/1917.html>.
2. *Iron in Vegetarian Diet*: <http://www.vegetarian-diet.info/iron-vegetarian-diet.htm>
3. Margen, Sheldon. *Wellness Foods A to Z*. Rebus New York. 2002: Health Letter Associates.

What is Iron?

Iron is an essential nutrient found in every cell of the human body. It forms the basis of red blood cells, which transports oxygen from the lungs to the heart, organs and muscles. Iron boosts your immune system and gives you the physical and mental energy needed to get through the day.

Iron deficiency

Iron deficiency is one of the more common nutritional short falls because of inadequate amounts. Anemia, with its accompanying fatigue and weakness, is the ultimate consequence of iron deficiency. It occurs when your red blood cell count drops below normal and decreases the body's ability to transport oxygen.

Where to get it?

Heme iron which is found in meat and other animal products, is much better absorbed than non-heme iron which makes up some of the iron in animal tissues and all the iron in dairy products, eggs, veggies, fruits and grains. Eating foods rich in Vitamin C helps the body absorb non-heme iron.

Vegetarians and Iron

A common misconception is that vegetarians do not get enough iron. However, with proper food choices, a vegetarian diet can be rich in Vitamin C, which will make iron easier to absorb with non-heme iron foods. Combining citrus fruits, potatoes, tomatoes, strawberries, green or red peppers and broccoli with iron sources is a good way to ensure you're getting enough of the nutrient.

Daily Requirements

Women

(14-18) – 15mg per day

(19-50) – 18 per day

Pregnant women

27 mg per day

Men

(14-18) – 11 mg per day

(19-50) – 8 mg per day

Sources

Heme - A 75g (3oz) serving

Chicken Liver, cooked. – 7.0 mg

Beef, tenderloin, roasted – 3.0 mg

Turkey, dark meat, roasted – 2.0 mg

Chicken, breast, roasted – 1.0 mg

Tuna, white, canned in water - 0.8 mg

Non-Heme - A 75g (3oz.) serving

Ready-to-eat cereal, 100% fortified, 3/4 cup – 18mg

Oatmeal, instant, fortified, 1/2 cup – 4.1

Kidney beans, cooked, boiled, 1 cup – 5.2

Spinach, cooked, boiled, drained, 1/2 cup – 3.2

Tofu, firm, 1/2 cup – 1.8

Allergies and

ALLERGIES AND ASTHMA EFFECT MILLIONS OF PEOPLE EVERY DAY. ACCORDING TO STATISTICS FOR THE CANADIAN SOCIETY OF ALLERGY AND CLINICAL IMMUNOLOGY, ABOUT 1 IN 6 CANADIANS ARE TREATED EACH YEAR FOR AN ALLERGIC DISORDER, INCLUDING SEASONAL HAY FEVER, ASTHMA, ECZEMA, HIVES, CAT, FOOD, INSECT AND DRUG ALLERGIES.

ASTHMA



WHAT IS SEASONAL ALLERGY RHINITIS?

Usually called "hay fever", seasonal allergic rhinitis is caused by an allergy to the pollen of trees, grasses, weeds or mold spores. Seasonal allergic rhinitis may occur in the spring, summer or fall and may last until the first frost. The "season" depends on which allergen causes the reaction. Symptoms include sneezing, itching and watery eyes, runny nose, burning palate and throat.

Since allergies can lead to other chronic conditions such as asthma, they should not be taken lightly. If seasonal allergy symptoms are making you miserable, you should consider seeing an allergist. An allergist will determine what is triggering your symptoms and work with you to develop a management plan, which may include medication and certain environmental controls.

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Overtraining syndrome and the athlete

Defined:

“Overtraining syndrome is a common cause of underperformance in athletes.”

(Hawley, et al., 2003)



Signs & Symptoms:

- Chronic fatigue
- Muscle soreness
- Lack of energy
- Sudden decrease in performance
- Insomnia
- Headaches
- Inability to relax, twitchy, fidgety
- Irritability
- Anxiety
- Insatiable thirst, dehydration
- Decreased immune system's ability to fight common illnesses
- Disturbed mood states

Potential Causes:

- Excessive physical stress
- Excessive psychosocial stress
- Inadequate recovery time
- Nutritional Practices (Dehydration, Inadequate: Protein, Minerals and/or Complex Carbohydrates)

Call in the

R.I.C.E. SQUAD

Treating Injuries with
4 simple steps

R.I.C.E. is a self-treatment for strains and sprains and stands for **REST**, **ICE**, **COMPRESS** and **ELEVATE** the affected part or area.

1. REST:

Rest the injury. Trying to “work it out” will only prolong the healing process. Try not to use the injured joint or limb for at least 72 hours, unless advised by your doctor.

2. ICE:

Apply ice to the injured site - 10 minutes on, alternating with 10 minutes off, for 3 hours. Rest for three hours and then repeat. If that is impractical, ice the injury a minimum of four times a day. (A bag of frozen peas makes an easy-to-use alternative to crushed ice or cubes). Always place a towel between the ice pack and the bare skin.

3. COMPRESS:

Loosely wrap the injury with an elastic bandage to help limit the swelling. Ensure the bandage feels snug and comfortable, not tight.

4. ELEVATE:

Keep the injured site elevated to control swelling. Use a chair or stool, pillow or other prop to keep the injured site raised as often as possible during the recovery period.

Walking a fine line to recovery

ASTHMA

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If you are experiencing these symptoms in their early stages:

- Stop and rest, take a few days off to recover from this condition before it gets worse
- Drink plenty of fluids, check and alter your diet if necessary
- Go for a massage
- Change your workout

If these symptoms or condition has been present for a while:

- See a doctor
- Comprehensive history and physical exam should be completed for proper diagnosis



Warning Signs of life-threatening conditions:

- Chest pain
- Syncope (fainting)
- Palpitations
- Fevers
- Dyspnea (abnormal breathing)

Hawley, C.J., Schoene, R.B. (2003). *Overtraining Syndrome: A guide to diagnosis, treatment, and prevention. The Physician and Sportsmedicine.* (31)6. Retrieved on December, 7, 2004 from: <http://www.physsportsmed.com/issues/2003/0603/hawley.htm>
Submitted by: Valerie Van Ravenswaay, Health Education Program Assistant.

WHAT IS ASTHMA?

Asthma is a chronic respiratory disease often linked to allergies, heredity and environment, that results in recurring attacks of wheezing, coughing, chest congestion and laboured breathing.

RELIEF IS AVAILABLE

Avoidance – During the peak of pollen, stay away from the offending allergens (see the Tips on page 4). An important component of any allergy management plan is avoiding the pollens and molds that make you sneeze and wheeze.

Medication – Over-the-counter and prescription antihistamines, decongestants, eye drops and nasal sprays are available to prevent and relieve allergy symptoms. Your doctor may be able to prescribe a combination of over-the-counter and prescription medications tailored to your specific needs.

Allergy Injections – People with moderate to severe allergies may need immunotherapy in addition to medication to get relief. In immunotherapy, the patient is given a series of vaccinations containing only the allergens to which they react, which helps build immunity to the allergen.

Asthma Education Centre

If you have asthma and need to learn how to live with asthma, contact the Asthma Education Centre at the University of Waterloo at (519) 888-4096 to book an appointment or contact WLU Health Services for referral information. You will need to bring your health card, list of medication and questions.

For more information about allergies check out the following web sites:

Allergy, Asthma and Immunology Society of Ontario
www.allergyasthma.on.ca

Allergy/Asthma Information Association www.aaia.ca

The Canadian Society of Allergy and Clinical Immunology (CSACI)
<http://csaci.medical.org>

*Article adapted from Health Talk Volume 5, Issue 4: March 2002;
www.about.com and www.aaia.ca

COMMONLY ASKED QUESTIONS

about treating injuries



Q: Why should I use ice and not heat?

A: Ice reduces swelling and any bleeding at the injured site. If you apply heat during the first 24 hours, you may increase bleeding and swelling and prolong healing time.

Q: When should I start exercising after my injury?

A: To strengthen weakened muscles or ligaments, start range-of-motion exercises as early as 72 hours after your injury and gradually increase the intensity and frequency. More severe injuries require the help of a rehabilitation professional who will plan exercises specific to your injury.

Q: How long will it take for my injury to heal?

A: That depends on the severity. With appropriate R.I.C.E. treatment and rehabilitation exercise, you should be fully recovered in approximately 6-8 weeks.

Reduce Vulnerability to injury, muscle stress and undue fatigue by:

- Always stretching muscles before exercise
- Minimizing the risk by doing warm up exercises (10 to 15 minutes of aerobic activity)
- Using the proper equipment for the activity
- Wrapping a weak joint with supportive bandages

SNAC

RIGHT ON CAMPUS!



Being the best you can be demands energy, alertness and the ability to manage stress. One of the most effective ways to enhance your experience and performance as a student is to eat foods that fuel your body and your mind (as well as your soul!).

The Student Nutrition Action Committee (SNAC) is a partnership of students and Student Services, assisted by a Consulting Dietitian, dedicated to providing educational information, skill development and support for healthy eating on campus. SNAC has facilitated many improvements to nutritional programming at Laurier.

- Check out the resources at the Student Health and Development Centre, located on the main floor of the Student Services building, beside the Dining Hall and Security office. These resources include books, videos, pamphlets, CDrom programs, and access to nutrition based web sites. You can also access our SNAC website on the new Laurier student portal.
- Ask your Don or drop by The Student Health & Development Centre (ext. 2864) to get information on Healthy Eating on Campus.
- Information and professional support for eating related issues such as eating disorders, weight management, eating for athletes, or other dietary concerns is also available through Counselling (ext 2338) and Health Services (ext 3146). Opportunities to meet with a dietitian are available by referral through Health Services.



Health Services provides:

- Allergy injections
- Tuberculin skin testing
- Travel immunization
- Specialist referrals
- Suture removal
- Diagnosis/treatment of illness and injury
- Emotional concerns and counselling
- Birth Control and Emergency Contraception (the morning after pill)
- Pre- and post-test HIV test counselling
- Dietary and personal counselling
- STD Information
- Pregnancy testing
- First aid
- Condoms and birth control pills/injections are available on a cost-recovery basis. A prescription is required for oral contraceptives and injections

Please note: Certain procedures (e.g., wart treatment and travel advice) and forms (employment physicals) are **not covered by OHIP or equivalent health coverage**. Students will be charged for these services. **24 hrs. notice** is required for cancellations. Charges for no shows are **\$10** for short appointments and **\$20** for physicals or long appointments.

YOU MUST BRING YOUR HEALTH CARD FOR EVERY VISIT TO HEALTH SERVICES

Health Promotions

Health Promotions is a division of Health Services. It is dedicated to Health Education and Promotion of Health Lifestyles for the students at Wilfrid Laurier University.

The office is located in The Student Health and Development Centre (lower level, Student Services Building). Program co-ordinator: Marilyn Nieboer RN. Telephone 884-0710 ext. 2860. E-mail: mnieboer@wlu.ca

Volunteer Opportunities

We have an energetic and enthusiastic team of students who are dedicated to promoting health and overall personal and academic success of both undergraduate and graduate students. Volunteers promote health with outreach displays in the concourse and contributions to the Healthy Hawk newsletter. They also maintain the resource centre with information on many health related issues such as alcohol awareness, safe sex practices and nutrition. Interactive games are available such as "Let's get cooking" and "Condom gotcha". The centre provides a resource collection of books, video tapes, and a poster library for loan. If you need any information or want to borrow a book or poster or pick up some pamphlets stop by the Student Health and Development Centre.

If you are interested in getting involved as a volunteer Health Education Assistant, drop by The Student Health and Development Centre (beside the dining hall) to fill out an application or if you have any questions contact Marilyn Nieboer @ ext 2860, e-mail mnieboer@wlu.ca or go to www.mylaurier.ca/development.htm.

Student Health Services

Wilfrid Laurier University
Student Services Building
75 University Avenue West
Waterloo, Ontario N2L 3C5
(between Fred Nichols Campus Centre and Dining Hall)

Telephone: (519) 884-0710, extension 3146
for appointments and general inquiries.

For test results call extension 2354,
9:30 to 11:30 a.m. and 1:30 to 3:30 p.m.

Hours:

Fall and Winter Term:

Monday – Thursday, 8:30 a.m. – 7:30 p.m.
Friday, 8:30 a.m. – 4:15 p.m.

Spring and Summer Terms:

Monday – Friday, 8:30 a.m. – noon, 1 p.m. – 4:15 p.m.
Please call in advance for evening appointments.

Web Site:

<http://www.mylaurier.ca/health>

"The opinions expressed in this publication do not necessarily reflect those of Student Health Services at Wilfrid Laurier University." The information in this newsletter may not apply to everyone. Talk to your health-care provider about specific concerns or questions.